



Harvest News You Can Use

Celebrate National Nutrition Month!

Enjoy seasonal Fruits and Vegetables packed with flavor and nourishment!

Fruits and vegetables are filled with vitamins, minerals and antioxidants that help regulate certain bodily functions and boost immunity! The first step for living a long, healthy life is to get your daily dose of fruits and vegetables.

The *USDA* recommends adults receive 2 ½-3 cups of **Vegetables** a day and 2 cups of **Fruits** a day. Remember:

- Eat a variety of **fruits** and **vegetables** every day to ensure all essential nutrient needs are met.
- **Dark green vegetables** like **broccoli** and **spinach** are rich in Folic Acid, and Iron which aid in red blood cell formation and muscle strength.
- **Orange vegetables** like **sweet potatoes** and **carrots** provide Vitamin A which aids in cancer prevention and supports healthy teeth and gums.
- Potassium and Vitamin C rich foods like bananas, apricots, potatoes, and kale help maintain a healthy blood pressure and wound healing.
- **Fruits** & **vegetables** contain fabulous fiber and antioxidant power which help to maintain weight and lower the risk of heart disease and cancer.



Top 3 Tips for Fruit & Vegetable Shopping:

1. Buy fruits and vegetables in season; they taste better and cost less.
2. Avoid buying fruits and vegetable with bruises and skin punctures.
3. Remember good quality produce has a bright color and firm texture.

Helpful Fruit & Vegetable Tips:

- Chop up fruits and vegetables to store in containers for quick and healthy snacking.
- Wash fruits and vegetables under running water, rubbing briskly to remove dirt.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy canned vegetables with "no salt added" or canned fruits in "light syrup."
- Include chopped vegetables in pasta sauce or as a pizza topping.
- Use pureed vegetables to thicken and flavor soups and stews.
- Add berries to non-fat or low-fat yogurt or oatmeal for a hearty breakfast.
- Add cranberries and apples to salads & use mango chutney to flavor chicken dishes.
- Dried fruits like raisins and apricots are a great on-the-go snack.
- Spread peanut butter on banana for a quick and healthy pre-workout snack!
- Substitute apple sauce for butter in baking recipes to make healthier cakes!

Information adapted from the US Department of Agriculture (USDA).

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